



# Nuclear Medicine Cardiac Stress Test (MIBI, DIPY Scan)

**YOUR APPOINTMENT:**

Date:  
.....

Time:  
.....

**LOCATION:**

Calvary North Adelaide

**RADIOLOGY SA NUCLEAR SPECIALISTS:**

- Dr Ghee Chew
- Dr Vivian Hall
- Dr Robert Cooper
- Dr Esber El-Barhoun
- Dr Gabby Cehic
- Dr Paula Averbuj

**NOTES:**

A Nuclear Medicine Cardiac Stress Test is performed to assess the blood flow to the heart muscle. This test is also referred to as a MIBI or a DIPY cardiac scan. The test is performed as a two part procedure done on the same day with the first part performed in the morning and the second part in the afternoon. Both parts can take up to 2 hours each.

For the first part of the test the doctor will assess your heart under “stress”. This is done by exercising on a treadmill that slowly increases in speed and incline. If you are unable to exercise sufficiently the “stress” part of the test can be done by injecting a medication which will mimic the effect of exercise on your heart. Sometimes the stress part of the test can be performed with both the medication and exercise done in conjunction with each other.

You will also be injected with a radioactive “tracer”. There are no side effects to the tracer. After the stress part of the test you will be positioned underneath the scanner and images of your heart will be taken. The scan will take 20 minutes. After the first set of images you will be allowed to leave the department for lunch and you will be given a time to return in the afternoon for the second part of the test. The exact time to return will be determined on the day.

The second part of the test assesses your heart at “rest”. You will be given a second injection of the tracer and then asked to wait in the waiting room for 30-60 minutes before the second set of images are taken. The second set of images will take another 20 minutes.

Occasionally this test is performed in reverse – that is, the “rest” part may be done first, and the “stress” part done in the afternoon.

This study is not suitable for pregnant women. Breast-feeding mothers can have a Nuclear Medicine Cardiac Stress Test but restrictions are advised for breast feeding and close contact with your child. Contact the department for further details.

**BOOKING YOUR APPOINTMENT**

Please call our friendly staff on 8402 0200. This scan can only be performed at our Calvary North Adelaide site.

**WHAT TO BRING**





Radiology referral  
Medicare card  
Healthcare / Concession card (if applicable)  
Previous relevant imaging  
Please bring with you a detailed list of all the medications that you are taking.

#### **PREPARATION FOR YOUR STUDY**

You must not have any caffeine or products containing caffeine in the 24 hours prior to your test. This includes tea, coffee, Milo, chocolate, chocolate biscuits, soft drinks and even many herbal teas and decaffeinated drinks. We recommend that you only drink water and juice in the 24 hours prior to your test. You may have a light breakfast on the morning of the test.

There is no need to cease any medications unless your doctor has advised you to do so for the test.

Please wear comfortable clothes and suitable shoes for exercising.

#### **TIME REQUIRED**

This is a lengthy and involved test and will take up most of the day. Please avoid other appointments on the same day.

